

State of Michigan
Department of Civil Service
Employee Benefits Division
EMPLOYEE HEALTH AND WELLNESS
400 South Pine Street, P.O. Box 30002
Lansing, Michigan 48909

MINI-HEALTH RISK ASSESSMENT

Employee ID Number	Date
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Please complete the following questions by checking either “Yes” or “No”.

- | Yes | No | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a primary care physician? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a yearly health check-up? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had your cholesterol checked within the last twelve (12) months? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your cholesterol over 200? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had your blood sugar checked within the last twelve (12) months? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your blood sugar over 109? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had your blood pressure checked within the last twelve (12) months? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your blood pressure over 139/89? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get 30 minutes or more of moderate intensity physical activity (e.g. brisk walking, stair climbing, dancing, cycling, swimming) on at least five (5) days of the week on a regular basis? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat at least five (5) fruit and vegetable servings (e.g. one medium fruit or ½ grapefruit, ½ cup juice, ½ cup cooked vegetables, 1 cup salad) each day? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat foods that are high in saturated fat and cholesterol (such as fatty meat, fried foods, chips, ice cream, baked goods, butter and full fat salad dressings) daily? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you smoke cigarettes, cigars, a pipe, or use smokeless tobacco? |